Executive Proclamation

State of South Dakota

Office Of The Governor

WHEREAS, Recent medical studies prove that regular exercise and good nutrition are basic requisites for good health; and,

WHEREAS, A strong and health body influences not only an individual's outlook on life, but also a person's mental attitude, daily experience both on and off the job, and academic and social skills; and,

WHEREAS, The National Association of Governor's Council on Physical Fitness and Sports and the Association for Fitness in Business are presenting the second National Employee Health and Fitness Day (NEHFD) on Wednesday, May 16, through the corporate sponsorship of the Allstate Life Insurance Company; and,

WHEREAS, As a salute to a fit America, the month of May has been designated "National Physical Fitness and Sports Month;" and,

WHEREAS, Employers throughout the nation are being asked to join in NEHFD by allowing employees to participate in noncompetitive walking, jogging, cycling and other activities designed to be fun and dramatize the importance of physical fitness at the same time:

NOW, THEREFORE, I, GEORGE S. MICKELSON, Governor of the state of South Dakota, do hereby proclaim Wednesday, May 16, 1990, as

EMPLOYEE HEALTH AND FITNESS DAY

in South Dakota, and I remain dedicated to promoting the health and fitness of the citizens of this great state:

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of South Dakota, in Pierre, the Capital City, this Tenth Day of May, in the Year of Our Lord, Nineteen Hundred and Ninety

GEORGE S. MICKELSON, GOVERNOR

ATTEST:

JOYCE HAZELTINE, SECRETARY OF STATE